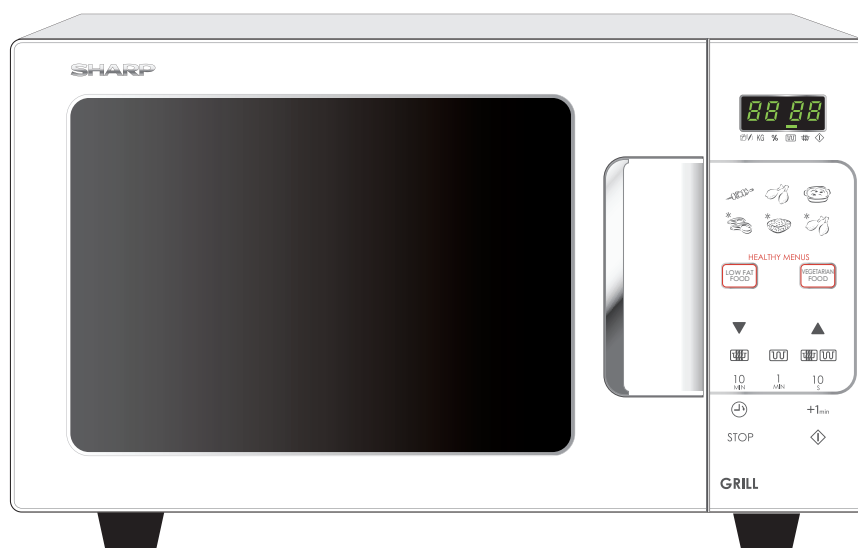


SHARP

Important



R-667-A MICROWAVE OVEN WITH GRILL

OPERATION MANUAL WITH COOKBOOK

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

800 W (IEC 60705)

ENGLISH



Dear Customer,

Congratulations on acquiring your new microwave oven with grill, which from now on will make your kitchen chores considerably easier.

You will be pleasantly surprised by the kinds of things you can do with a microwave. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals.

In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.

Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven. There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.

You will then easily understand how to use your oven.

Enjoy using your microwave oven and trying out the delicious recipes.

Your Microwave-Team



ENGLISH





GB



Attention:

Your product is marked with this symbol. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by member states, private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users

1. In the European Union

If the product is used for business purposes and you want to discard it: Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

ENGLISH



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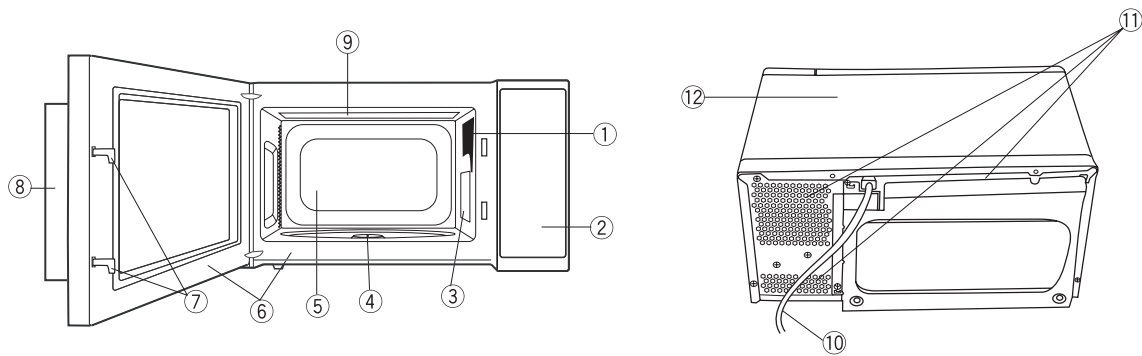
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ENGLISH



OVEN AND ACCESSORIES



- 1 Oven lamp
- 2 Control panel
- 3 Waveguide cover
- 4 Coupling
- 5 Oven cavity
- 6 Door seals and sealing surfaces

- 7 Door safety latches
- 8 Door opening handle
- 9 Grill heating element
- 10 Power supply cord
- 11 Ventilation openings
- 12 Outer cover

ACCESSORIES:

Check to make sure the following accessories are provided:

(13) Turntable (14) Roller stay

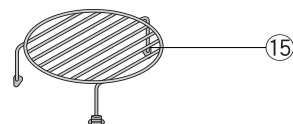
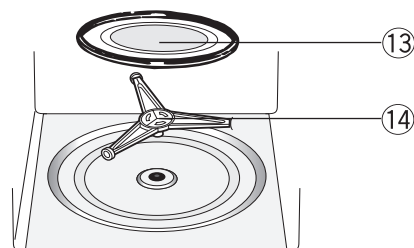
(15) Rack (height: 8,5cm)

Place the roller stay in the coupling on the floor of the cavity.

Then place the turntable on the roller stay.

To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.

NOTE: When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.

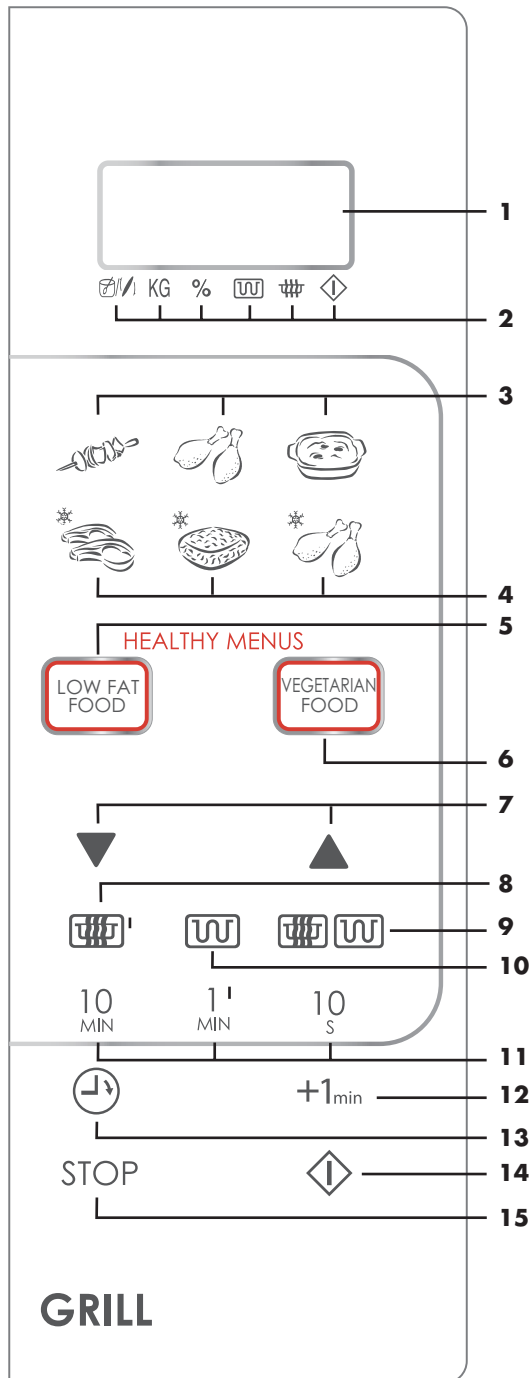


WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.



CONTROL PANEL



CONTROL PANEL

1 Digital Display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the suitable key (having the same symbol) or do the necessary operation.

Check

KG Weight

% Power level

Grill

Microwave

Cooking in progress

3 EXPRESS COOK keys

4 EXPRESS DEFROST keys

5 LOW FAT FOOD key

6 VEGETARIAN FOOD key

7 LESS/PLUS keys

8 MICROWAVE POWER LEVEL key

Press to change the microwave power setting

9 MIX GRILL key

10 GRILL key

11 TIME keys

12 +1min key

13 KITCHEN TIMER key

14 START key

15 STOP key

ENGLISH



IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.

This oven is designed to be used on a countertop only. It is not designed to be built into a kitchen unit. Do not place the oven in a cabinet. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230V, 50Hz, with a minimum 10A distribution line fuse, or a minimum 10A distribution circuit breaker.

A separate circuit serving only this appliance should be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven. Do not install the oven in an area of high humidity or where moisture may collect.

Do not store or use the oven outdoors.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

Utensils should be checked to ensure that they are suitable for use in the oven. See Page GB-16-17. Use only microwave safe containers and utensils on microwave modes.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

Clean the waveguide cover, the oven cavity and the turntable after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings.

Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding.

See the corresponding hints in operation manual and the cookery book section.

To avoid the possibility of injury

WARNING:

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

- The door; make sure the door closes properly and ensure it is not misaligned or warped.
- The hinges and safety door latches; check to make sure they are not broken or loose.
- The door seals and sealing surfaces; ensure that they have not been damaged.
- Inside the oven cavity or on the door; make sure there are no dents.
- The power supply cord and plug; ensure that they are not damaged.

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page GB-15. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not let the power supply cord hang over the edge of a table or work surface.



IMPORTANT SAFETY INSTRUCTIONS



Keep the power supply cord away from heated surfaces, including the rear of the oven.

Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time (See page GB-21).
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

WARNING: The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Accessible parts may become hot during use. Young children should be kept away.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

This appliance is not intended to be operated by means of an external timer or separate remote-control system.

To avoid misuse by children

WARNING:

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

When the appliance is operated in the GRILL, MIX GRILL and AUTOMATIC operation (except AUTO DEFROST), children should only use the oven under adult supervision due to the temperature generated.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

Do not move the oven while it is in operation.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.



IMPORTANT SAFETY INSTRUCTIONS

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty except where recommended in the operation manual, see Page GB-7. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable due to heat stress.

The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Use only the turntable designed for this oven.

Do not place anything on the outer cabinet during operation.

Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL**, **MIX GRILL** and **AUTOMATIC** operation (except **AUTO DEFROST**),

because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



This symbol means that the surfaces are liable to get hot during use.



INSTALLATION

1. Remove all packing materials from the inside of the oven cavity. Discard the loose polythene sheet from between the door and cavity. Remove the feature sticker, if attached, from the outside of the door.

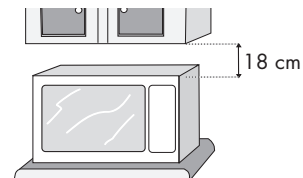


2. Check the oven carefully for any signs of damage.
3. Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked. The oven rear surface should be placed against the wall. Do not place the oven in a cabinet.

4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them burning themselves.

5. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

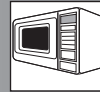
6. Ensure there is a minimum of free space above the oven of 18 cm.



7. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.



BEFORE OPERATION



Your oven comes pre-set for Energy Save Mode. This facility saves electricity when the oven is not in use. When you first plug it in nothing will appear in the digital display.

To operate the oven in Energy Save Mode:

1. Plug in the oven. Nothing will appear in the display at this time.
2. Open and close the door. The oven display will show " . 0 ".
3. Heat the oven without food (See page GB-7, NOTE b).

Using the STOP key

Use the **STOP** key to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. closing the door, pressing the **STOP** key, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door.

ENGLISH



MICROWAVE POWER LEVEL

Your oven has 6 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100 P (800 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

70 P (560 W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

50 P (400 W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30 P (240 W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10 P (80 W) For gentle defrosting, eg. cream gateaux or pastry.

0 P (0 W)

P = PERCENTAGE

To set the microwave power level :

Press the **TIME** keys to select cooking time.

Press the **MICROWAVE POWER LEVEL** key once (100P).

To change the microwave power level press the **MICROWAVE POWER LEVEL** key until the desired power level is reached.

Press the **START** key.

NOTE: If the power level is not selected, 100 P is automatically set.



MICROWAVE COOKING



Your oven can be programmed for up to 99 minutes 90 seconds (99.90).

Example:

To cook 2 minutes and 30 seconds on 70 P microwave power.

1. Enter desired cooking time by pressing **TIME** keys.
2. Choose desired power by pressing **MICROWAVE POWER LEVEL** key twice.
3. Press **START** key once to begin cooking. **Check the display.**



NOTES:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START** key is pressed.
2. If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is touching the **MICROWAVE POWER LEVEL** key, the power level will be displayed.



ENGLISH

GB-6





GRILL COOKING/MIX GRILL COOKING

This microwave oven has two **GRILL** cooking modes: 1. Grill only. 2. MIX Grill (Grill with microwave).

1. GRILL ONLY COOKING

This mode can be used to Grill/Brown food.

Example : To cook for 4 minutes.



NOTES:

a. The rack is recommended for grilling of flat pieces of food.

b. HEATING WITHOUT FOOD:

You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order.

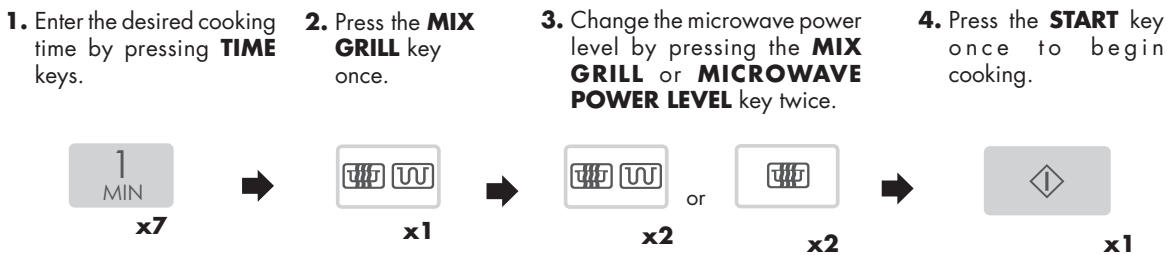
To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

2. MIX GRILL COOKING

This mode uses a mix of Grill power and Microwave power (50P-30P-10P). Mix means to cook by Microwave power and Grill power alternately.

Example:

To cook for 7 minutes on **MIX GRILL 50 P.**

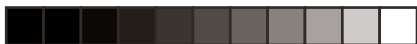


Check the display.



WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.



OTHER CONVENIENT FUNCTIONS



1. MULTIPLE SEQUENCE COOKING

A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **MIX GRILL**.

Example:

To cook : 2 minutes and 30 seconds on 70 P power (Stage 1)
5 minutes Grill only (Stage 2)

STAGE 1

1. Enter the desired cooking time by pressing **TIME** keys.

2. Enter the desired power level by pressing **MICROWAVE POWER LEVEL** key twice.



x2



x3



x2

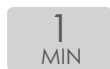
STAGE 2

3. Enter the desired time by pressing **TIME** keys.

4. Select Grill by pressing the **GRILL** key once.

5. Press the **START** key once to begin cooking.

Check the display.



x5



x1



x1



KG % W #

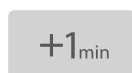
(The oven will begin to cook for 2 minutes and 30 seconds at 70 P, and then for 5 minutes on Grill only).

2. +1 MINUTE FUNCTION

The **+1MIN** key allows you to operate the two following functions:

a. Direct start

You can directly start cooking on 100 P microwave power level for 1 minute by pressing the **+1MIN** key.



NOTE:

To avoid the misuse by children the **+1MIN** key can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP** key or cooking completion.

b. Extend the cooking time.

You can extend the cooking time during manual cooking for multiples of 1 minute if the **+1MIN** key is pressed while the oven is in operation.

ENGLISH



OTHER CONVENIENT FUNCTIONS

3. LESS / PLUS keys.

The **LESS** (▼) and **PLUS** (▲) keys allow you to easily decrease or increase programmed setting times, (for a less well or more well cooked result), used in automatic operations or cooking time while in operation.

a) Changing the pre-programmed time setting (for **AUTOMATIC** function).

Example:

Suppose you want to cook 0.6 kg Grill Skewers using the **AUTOMATIC** and **PLUS** (▲) keys.

1. Choose the **AUTOMATIC** menu and quantity by pressing the **GRILL SKEWERS** key 5 times.

2. Choose the desired result (well cooked) by pressing the **PLUS** key once within 2 seconds.



x5



x1



After 2 seconds the oven will start to cook automatically.

NOTE:

When you choose PLUS, the display will show "PLUS".

When you choose LESS, the display will show "LESS".

To cancel LESS or PLUS, press the same key again.

To change PLUS to LESS simply press the **LESS** (▼) key.

To change LESS to PLUS simply press the **PLUS** (▲) key.

b) Adjusting the heating time while oven is operating.

During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the **LESS** (▼) and **PLUS** (▲) keys are pressed.

NOTE:

You can use this function for manual cooking only.

4. TO CHECK SETTINGS WHILE THE OVEN IS OPERATING

TO CHECK THE POWER LEVEL:

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** key.

The oven continues to count down, although the display shows the power level.



As long as your finger is pressing the key, the power level will be displayed.

5. KITCHEN TIMER FUNCTION

You can use the timer for timing where microwave cooking is not involved for example, to time boiled eggs cooked on a conventional hob.

Example:

To set the timer for 5 minutes.

1. Open and Close the door to activate **KITCHEN TIMER** key.
2. Enter desired time by pressing the **1 MIN** key five times.
(Ex: 5min)
3. Press the **KITCHEN TIMER** key once.



x5



x1

GB-9





AUTOMATIC OPERATION



The **AUTOMATIC** function automatically works out the correct cooking mode and cooking time. You can choose from 3 **EXPRESS COOK** menus, 3 **EXPRESS DEFROST** menus and 6 **HEALTHY MENUS** (3 each, **LOW FAT FOOD** and **VEGETARIAN FOOD**). What you need to know when using this automatic function:

<Express Cook•Express Defrost>

1. In order to prevent the accidental use of the oven, the **EXPRESS COOK** or **EXPRESS DEFROST** keys can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP** key.
2. The menu can be chosen by pressing the desired **EXPRESS COOK** or **EXPRESS DEFROST** keys.
The weight of the food can be input by pressing the selected key until the desired weight is displayed.
 - Enter the weight of the food only. Do not include the weight of the container.
 - For food weighing more or less than weights given in the **EXPRESS COOK** or **EXPRESS DEFROST** charts, use manual programmes. For best results, follow the cooking charts in the cookbook section.
3. The programmed cooking time is an average time. If you want to alter the cooking time, use the **LESS** (▼) or **PLUS** (▲) keys after pressing the **EXPRESS COOK** or **EXPRESS DEFROST** keys (see page GB-9).
4. There is no need to press the **START** key as the oven will automatically start to cook after the weight has been input.
5. The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.



When action is required (e.g. to turn food over), the oven stops and the audible signals sound and the **CHECK** indicator will flash in the display. To continue cooking, press the **START** key.

WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

Example:

To cook grill skewers weighing 0,3 kg.

1. Select the menu and weight by pressing the **GRILL SKEWERS** key twice.



x2



After 2 seconds the oven will start to cook automatically.

ENGLISH



AUTOMATIC OPERATION

<HEALTHY MENUS (LOW FAT FOOD•VEGETARIAN FOOD)>

1. The **HEALTHY MENUS** can be chosen by pressing the **LOW FAT FOOD** key or the **VEGETARIAN FOOD** key.
 - Press the selected key until the desired menu number is displayed (see page 13-14: recipes for HEALTHY MENUS).
2. The programmed cooking time is an average time. If you want to alter the cooking time, use the **LESS (▼)** or **PLUS (▲)** keys after pressing the **LOW FAT FOOD** or **VEGETARIAN FOOD** keys (see page GB-9).
3. Press the **START** key to start cooking.
4. The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.

HEALTHY MENUS

LOW FAT
FOOD

VEGETARIAN
FOOD

When action is required (e.g. to turn food over), the oven stops and the audible signals sound and the **CHECK** indicator will flash in the display. To continue cooking, press the **START** key.

WARNING:

The door, outer cabinet, oven cavity, accessories and dishes will become very hot during operation. To prevent burns, always use thick oven gloves.

Example:

To cook Paella.

1. Select the menu by pressing the **LOW FAT FOOD** key three times. The display will show "LF-3".
2. Press the **START** key once to begin cooking.

LOW FAT
FOOD

x3



x1

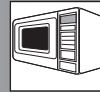





EXPRESS COOK CHARTS

KEY	EXPRESS COOK MENU	WEIGHT (Increasing Unit)/ UTENSILS	PROCEDURE
	Grill Skewers	0,2 - 0,6 kg (100 g) (initial temp 5°C) Rack	<ul style="list-style-type: none">• Prepare the grill skewers referring to the recipe on page GB-30 of the Cookbook.• Place on the rack and cook.• When the audible signal sounds, turn over.• After cooking, remove and put on a plate for serving. (No standing time necessary).
	Chicken Legs Ingredients for 0,6 kg chicken legs: 3 pieces, 1-2 tbsp oil, 1/2 tsp salt, 1 tsp sweet paprika, 1 tsp rosemary	0,2 - 0,6 kg (50 g) (initial temp 5°C) Rack	<ul style="list-style-type: none">• Mix the ingredients and spread on the chicken legs.• Pierce the skin of the chicken legs.• Put the chicken legs on the rack, skin side down, with the thin ends towards the centre.• When audible signal sounds, turn over.• After cooking, remove and stand for approx. 3 minutes.
	Gratin	0,5 - 1,0 kg* (100 g) (initial temp 20° C) Gratin dish	<ul style="list-style-type: none">• See recipes for "Gratin" on page GB-12. <p>* Total weight of all ingredients.</p>



EXPRESS DEFROST CHARTS

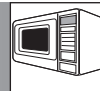


KEY	EXPRESS DEFROST MENU	WEIGHT (Increasing Unit)/ UTENSILS	PROCEDURE
	Steak, Chops	0.2 - 0.8 kg (100 g) (initial temp -18°C) (See NOTES below.)	<ul style="list-style-type: none"> Place the food in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over, rearrange and separate. Shield thin parts and warm spots with small pieces of aluminium foil. After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
	Minced Meat	0.2 - 0.8 kg (100 g) (initial temp -18°C) (See NOTES below.)	<ul style="list-style-type: none"> Place the block of minced meat in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over. Remove the defrosted parts if possible. After defrosting, cover with aluminium foil and stand for 5 - 10 minutes, until thoroughly defrosted.
	Chicken legs	0.2 - 1.0 kg (Initial temp -18°C) (See NOTES below.)	<ul style="list-style-type: none"> Place the chicken legs in a flan dish in the centre of the turntable. When the oven stops, turn over, rearrange and shield thin parts and warm spots with small pieces of aluminium foil. Continue to defrost. After defrosting, cover with aluminium foil and stand for 10 - 20 minutes until thoroughly defrosted. Finally clean the chicken legs under running water.

NOTES: Express Defrost

- Steaks and Chops should be frozen in one layer.
- Minced meat should be frozen in a thin shape.
- After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- The chicken legs should be processed immediately after defrosting.

RECIPES FOR EXPRESS COOK, GRATIN



GRATIN (Express Cook)

Spinach gratin

Ingredients

0.5 kg	1.0 kg	
150 g	300 g	leaf spinach (defrosted, drained)
15 g	30 g	onion (finely chopped)
		salt, pepper, nutmeg
150 g	300 g	boiled potatoes (sliced)
35 g	75 g	cooked ham (diced)
50 g	100 g	crème fraîche
1	2	eggs
40 g	75 g	grated cheese

Preparation

- Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
- Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
- Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables.
- Cover the gratin with the grated cheese.
- Place on the turntable and cook on **Express Cook**, "Gratin".
- After cooking, let stand for 5-10 minutes.

NOTES: These indications are for the minimum and maximum weight. If you want to cook other weights, you have to adjust the ingredients.

GRATIN (Express Cook)

Potato-courgette-gratin

Ingredients

0.5 kg	1.0 kg	
200 g	400 g	unboiled potatoes (sliced)
115 g	230 g	courgette (finely sliced)
75 g	150 g	crème fraîche
1	2	eggs
1/2	1	clove of garlic (crushed)
		salt, pepper
40 g	75 g	grated Gouda cheese
		sunflower kernel

Preparation

- Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
- Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
- Cover the gratin dish with the grated Gouda cheese.
- Finally sprinkle the gratin with sunflower kernel.
- Place on the turntable and cook on **Express Cook**, "Gratin".
- After cooking, let stand for 5-10 minutes.

NOTES: These indications are for the minimum and maximum weight. If you want to cook other weights, you have to adjust the ingredients.



RECIPES FOR HEALTHY MENUS , LOW FAT FOOD

LF-1 Chinese Style Beef

Serves 2

Ingredients:

250 g	Rump steak, tenderise and cut into strips
1	clove garlic, crushed
1	red chilli, de-seeded and sliced
1 tbsp	ginger, grated
1 tsp	sesame oil
1 tbsp	light soy sauce
1 tbsp	oyster sauce
50 ml	beef stock, cold
1 tsp	corn flour
75 g	carrots, sliced
75 g	red pepper, seeded and sliced
60 g	onions, sliced
75 g	snow peas, topped tailed and sliced in half
75 g	baby corn, cut in half

Preparation:

1. Combine the beef, garlic, chilli, ginger, sesame oil, soy sauce, oyster sauce, beef stock and corn flour in a 3 litre casserole dish.
2. Add the carrots, red pepper and onions and mix well.
3. Cover with lid and cook on **LOW FAT FOOD LF-1**, "Chinese Style Beef".
4. When the oven stops, the audible signals sound and the indicator "CHECK" is displayed, stir the food, re-cover and continue to cook.
5. When the oven stops a second time, the audible signals sound and the indicator "CHECK" is displayed, add the snow peas and baby corn. Stir well, re-cover and continue to cook.

Tip: Serve with rice or hokkien noodles.

LF-2 Chicken Fricassee

Serves 2

Ingredients:

120 g	long-grain rice, par-boiled
1/2 tsp	turmeric
50 g	onions, sliced
100 g	red peppers, seeded and sliced
100 g	leeks, sliced
300 g	chicken breast, diced
	pepper, paprika powder
10 g	butter or margarine
250 ml	meat stock, cold

Preparation:

1. Place the rice and turmeric into a shallow ovenproof dish and mix well.
2. Mix onions, red pepper, leek and chicken breast, season to taste. Place on top of the rice. Distribute butter in flakes on top.
3. Pour the meat stock over and cover with microwave foil. Cook on **LOW FAT FOOD LF-2**, "Chicken Fricassee".
4. After cooking, leave to stand for 5 minutes before serving.

LF-3 Paella

Serves 2

Ingredients:

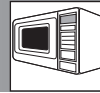
100 g	white long-grain rice
200 ml	chicken stock, cold
1/2 tsp	turmeric
100 g	chicken breast, cubed
50 g	Chorizio, diced
125 g	tiger prawns
60 g	mussels
125 g	tomatoes, skinned and chopped
100 g	red pepper, seeded and sliced
75 g	onion, chopped
50 g	peas
1	clove garlic, peeled and crushed
1/2 tsp	paprika powder
	Cayenne pepper

Preparation:

1. Place the rice into a shallow round dish. Add the chicken stock and turmeric and mix well.
2. Cook on **LOW FAT FOOD LF-3**, "Paella". Do not cover.
3. When the oven stops, the audible signals sound and the indicator "CHECK" is displayed, stir in the chicken, Chorizio, prawns, mussels, peppers, tomatoes, onion, peas, garlic paprika and cayenne pepper. Continue to cook.
4. When the oven stops a second time, the audible signals sound and the indicator "CHECK" is displayed, stir and continue to cook.
5. After cooking, leave to stand for 2 minutes before serving.



RECIPES FOR HEALTHY MENUS, VEGETARIAN FOOD



F-1 Vegetable Couscous

Serves 2

Ingredients:

- 60 g red onion, sliced
- 1 clove garlic, crushed
- 100 g aubergine, cut into 1 cm cubes
- 100 g courgettes, cut into 1 cm cubes
- 100 g yellow pepper, cut into chunks
- 100 g red pepper, cut into chunks
- 100 g button mushrooms, cut into quarters
- 1 tsp olive oil
- 150 ml vegetable stock, cold
- 125 g couscous
- seasoning to taste
- 1 tbsp lemon juice

Preparation:

1. Place the vegetables, oil and vegetable stock into a casserole dish and mix well.
Cover the dish with a lid and cook on **VEGETARIAN FOOD F-1**, "Vegetable Couscous".
2. When the oven stops, the audible signals sound and the indicator "CHECK" is displayed, add the couscous, mix until well combined and continue to cooking.
3. After cooking stir in the lemon juice and season to taste.

Tip: Serve with a yoghurt sauce.

F-2 Spinach and Ricotta Cannelloni

Serves 2

Ingredients:

- 100 g defrosted spinach, well drained
- 175 reduced fat ricotta cheese
- salt, pepper and ground nutmeg to taste
- 6 instant cannelloni tubes
- 250 g ready made tomato basil pasta sauce
- 15 g Parmesan cheese, grated

Preparation:

1. Mix together spinach and ricotta cheese. Season with salt, pepper and ground nutmeg.
2. Fill the cannelloni tubes with the mixture. Place the tubes in a single layer into a square gratin dish.
3. Pour the pasta sauce evenly over the cannelloni tubes. Please ensure that all sections of the tubes are covered with sauce.
4. Sprinkle the cannelloni with the freshly grated Parmesan cheese and cook on **VEGETARIAN FOOD F-2**, "Spinach and Ricotta Cannelloni". Do not cover.
5. After cooking, leave to stand for 3 minutes before serving.

F-3 Stuffed Peppers

Serves 2

Ingredients:

- 2 red peppers (approx. 450 g)
- 1 egg
- 10-15 g bread crumbs
- 75 g Emmenthal cheese, grated
- 60 g onion, diced
- 100 g fresh mixed mushrooms, sliced
- 1 tbsp lemon balm, finely chopped
- 1 tbsp parsley, finely chopped
- salt, pepper and ground nutmeg
- 10 g butter or margarine for greasing the pan

For the sauce:

- 150 g canned, pureed tomatoes
- 50 g crème fraîche
- 75 ml white wine
- herbs of the provence

Preparation:

1. Cut the red pepper lengthwise into half, remove the stalks and pins, wash and dry.
2. In a bowl, beat the egg and add the cheese, bread crumbs, onions, mushrooms and herbs. Season with salt, pepper and nutmeg.
3. Fill the red peppers with the mixture. Place the stuffed pepper in a greased shallow round gratin dish and cook on **VEGETARIAN FOOD F-3**, "Stuffed Peppers". Do not cover.
4. Meanwhile mix together the pureed tomatoes with crème fraîche, white wine and herbs.
5. When the oven stops, the audible signals sound and the indicator "CHECK" is displayed, add the sauce and continue to cook.

ENGLISH



CARE AND CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Before cleaning, make sure the oven cavity, door, oven cabinet and accessories are completely cool.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven interior

1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Built-up splashes may overheat and begin to smoke or catch fire, and cause arcing. Do not remove the waveguide cover.
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven. Do not use caustic cleaners (including alkali, acid thinner, benzine, alcohol or oven cleaner).
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using the grill, refer to note b "Heating without food" on page GB-7. Remaining food or fat splashed can cause smoke or bad smell.

Accessories

The accessories should be washed in a mild washing up liquid solution and dried. They are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

NOTE: Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arcing, smoke or even catch fire when next using the oven.



SERVICE CALL CHECK

Please check the following before calling for service.

1. Power Supply

Check the power plug is properly connected to a suitable wall outlet.

Check the line fuse/circuit breaker is functioning properly.

2. When the door is opened, does the oven lamp light?

YES _____ NO _____

3. Place a cup of water (approx. 150 ml) in the oven and close the door securely.

Programme the oven for one minute on 100 P power and start the oven.

Does the oven lamp come on?

YES _____ NO _____

Does the turntable rotate? **NOTE:** The turntable turns in either direction.

YES _____ NO _____

Does the ventilation work? (You will hear the fan sound.)

YES _____ NO _____

After 1 minute does the signal sound?

YES _____ NO _____

Does cooking in progress indicator go off?

YES _____ NO _____

Is the cup with water warm after the above operation?

YES _____ NO _____

4. Take the cup of water out of the oven and close the door.

Programme the grill for three minutes and start the oven.

After 3 minutes does the grill heating element become red?

YES _____ NO _____

If "NO" is the answer to any of the above questions, call your dealer or an authorised SHARP Service Agent and report the results of your check.

IMPORTANT: If the display shows nothing even if the power supply plug is properly connected, the energy save mode may be in operation. Open and close the oven door to operate the oven. See GB-4.

NOTE: If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced or the grill heating element will begin to light on and off).

Cooking Mode	Standard time
Microwave (100 P)	20 minutes
Grill	10 minutes
MIX Grill	Grill - 10 minutes



WHAT ARE MICROWAVES?



Microwaves are generated in the microwave oven by a magnetron and cause the water molecules in the food to oscillate. Heat is generated by the friction which is caused, with the result that the food is thawed, heated or cooked.



SUITABLE OVENWARE, TIPS AND ADVICE



GLASS AND CERAMIC GLASS



Heat-resistant glass utensils are very suitable. The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).

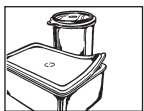
CERAMICS

Generally very suitable. Ceramics must be glazed, since with unglazed ceramics moisture can get into the ceramic. Moisture causes the material to heat up and may make it shatter. If you are not certain whether your utensil is suitable for the microwave, carry out the utensil suitability test. (See page GB-17).

PORCELAIN

Very suitable. Ensure that the porcelain does not have a gold or silver overlay and that it does not contain any metal.

PLASTIC AND PAPER CONTAINERS



Plastic or paper containers which are designed for microwaves and which can withstand heat are suitable for defrosting, heating and cooking. Please follow manufacturers' instructions.

KITCHEN PAPER

can be used to absorb any moisture which occurs in short heating methods, e.g. of bread or products in bread crumbs. Insert the paper between the food and the revolving plate. The surface of the food will stay crispy and dry. Covering greasy food with kitchen paper will catch splashes.

MICROWAVE FOIL

This, or heat-resistant foil, is very suitable for covering or wrapping. Please follow the manufacturer's recommendations.

ROASTING BAGS

Can be used in a microwave oven. Metal clips are not suitable for fastening them since the roasting bag foil might melt. Fasten the roasting bag with string and pierce it several times with a fork. Non heat-resistant food wraps are not recommended for use in a microwave oven.

BROWNING DISH

A special microwave dish made from ceramic glass with a metal alloy base, which allows food to be

browned. When using the browning dish a suitable insulator, e.g. a porcelain plate, must be placed between the turntable and the browning dish. Be careful to adhere exactly to the pre-heating time given in the manufacturer's instructions. Excessive pre-heating can damage the turntable and the turntable stand or can trigger the safety-device which will switch off the oven.

METAL

Generally speaking, metal should not be used, since microwaves do not pass through metal and therefore cannot reach the food. There are, however, exceptions: small strips of aluminium foil may be used to cover certain parts of the food, so that these do not thaw too quickly or begin to cook (e.g. chicken wings). Small metal skewers and aluminium containers (e.g. of readycooked meals) can be used. They must, however, be small in relation to the food, e.g. aluminium containers must be at least $\frac{2}{3}$ to $\frac{3}{4}$ filled with food.

It is recommended that you transfer the food into a dish suitable for use in the microwave. When using aluminium containers or other metal utensils there must be a gap of approx. 2 cms between them and the walls of the cooking area, otherwise the walls could be damaged by possible arcing.





SUITABLE OVENWARE, TIPS AND ADVICE

NO UTENSIL SHOULD HAVE A METAL

overlay, or metal parts such as screws, bands or handles..

UTENSIL SUITABILITY TEST



If you are not sure whether your utensil is suitable for use in your microwave oven, carry out the following test: Place the utensil into the oven.

Place a glass container filled with 150 ml of water on or next to the utensil. Switch on the oven at 100 P power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil. It could melt.

GRILL FUNCTION

You can use any heat-resistant container for the roasting/grilling function which is suitable for conventional roasting methods, e.g. china, ceramic, glass and metal containers.

In microwave cooking which requires the dish to be roasted or grilled, or when using the combined function, the containers must be suitable for microwaves and heat-resistant. Suitable containers are, for example, heat-resistant glass and ceramic containers.

BEFORE YOU START...

To make it as easy as possible to use the microwave oven we have put together a few hints and tips for you. Only switch on the oven when the food is already inside.

SETTING THE COOKING TIME

Defrosting, re-heating and cooking times are generally much shorter than in a conventional oven or hob. So you will need to consult this book for the recommended cooking times. It is better to set shorter rather than longer cooking times. Always test the food after the cooking time has elapsed. It is better then to continue cooking it for a little longer, than to have overcooked food.

INITIAL TEMPERATURES

Thawing, heating and cooking times are dependent upon the initial temperature of the food. Deep-frozen food and food stored in a refrigerator, for example, requires longer than food which has been stored at room temperature. For heating and cooking, normal storage temperatures are assumed (refrigerator temperature approx. 5°C, room temperature approx. 20°C). For thawing the temperature of the deep freeze is assumed to be -18°C.

COOKING TIMES

All the times given in this cookery book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.).

USING A FOOD THERMOMETER TO DETERMINE COOKING TIME

Once cooked, every drink and every foodstuff has a certain internal temperature at which the cooking process can be switched off and the food will be cooked. The internal temperature can be ascertained with a food thermometer. The most important temperatures are specified in the temperature table.

Drink / Food	Internal temperature once cooked	Internal temp. after 10 - 15 mins standing time
Heating drinks (Coffee, Water, Tea, etc.)	65-75°C	
Heating milk	60-65°C	
Heating soup	75-80°C	
Heating stew	75-80°C	
Poultry	80-85°C	85-90°C
Lamb		
Pink	70°C	70-75°C
Well done	75-80°C	80-85°C
Roast beef		
Rare	50-55°C	55-60°C
Medium	60-65°C	65-70°C
Well done	75-80°C	80-85°C
Pork, Veal	80-85°C	80-85°C

ADDITION OF WATER

Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved.

FOOD IN SKINS OR SHELLS

Foods such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell.



TIPS AND ADVICE



FATTY FOODS

Fatty meat and layers of fat cook better than lean portions of meat. Before cooking, cover the fatty portions with a piece of aluminium foil or place the food with the fat side down.

BLANCHING VEGETABLES

Before freezing vegetables, they should be blanched. This preserves the quality and flavour at their best. Method: wash and chop the vegetables. Put 250 g of vegetables in a dish with 275 ml water and cover. Heat for 3-5 minutes. After blanching, immerse immediately in cold water to prevent further cooking and then allow to drain. Pack vegetables in an airtight container and freeze.

PRESERVING FRUIT AND VEGETABLES

Using the microwave for preserving is quick and easy. There are preserving jars, rubber vacuum seals and suitable seals made of plastic available specially made for microwaves. The manufacturers will supply precise instructions for use.



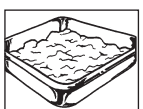
LARGE AND SMALL QUANTITIES

Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones. As a rule of thumb:

TWICE THE AMOUNT = ALMOST TWICE THE TIME

HALF THE AMOUNT = HALF THE TIME

DEEP AND SHALLOW CONTAINERS



Both containers have the same capacity, but the cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use

deep containers for dishes where there is a danger of overcooking, e.g. for noodles, rice, milk etc..

ROUND AND OVAL CONTAINERS

Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked.

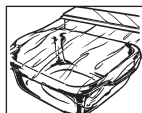
COVERING

Covering the food retains the moisture within it and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.g. roasts or chickens, should not be covered. As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in an ordinary oven can also be left uncovered in a microwave oven.

IRREGULAR SHAPED FOOD

Place the thicker, more compacted end of the food pointing towards the outside. Place vegetables (such as broccoli) with the stalks pointing outward.

STIRRING



Stirring the food is necessary, since the microwaves begin by heating the outer areas. The temperature is thereby equalised and the food heats up evenly.

ARRANGEMENT OF FOOD

Place a number of individual portions, such as small pudding moulds, cups or potatoes in their jackets, in a circle on the turntable. Keep the portions at a distance from each other so that the microwave energy can reach the food from all sides.



TURNING

Medium-sized items, such as hamburgers and steaks, should be turned over once during cooking, in order to shorten the cooking process. Large items, such as roasts and chickens, must be turned, since the upper side receives more microwave energy and could dry out if not turned.



STANDING TIME



Keeping to the standing time is one of the most important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed.



HEATING

Details for this can be found in the table: Heating food and drink (see page GB-21).

- Ready-prepared meals in aluminium containers should be removed from the aluminium container and heated on a plate or in a dish..
- Remove the lids from firmly closed containers.
- Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered.
- When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container.
- If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed.

- The times are for food at a room temperature of 20°C. The heating time for food stored in a refrigerator should be increased slightly.
- After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).
- The times given are guidelines which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve.



DEROSTING

Details for this can be found in the table: Defrosting (see page GB-22). Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional methods. Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing.

BOXES AND CONTAINERS

Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze (down to approx. -40°C) as well as being heat-resistant (up to approx. 220°C). You can therefore use the same container to freeze, thaw, heat and even cook the food, without having to transfer it.

COVERING

Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing. This stops the thin parts becoming too hot while thicker parts are still frozen.



CORRECT SETTING

It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly. If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen.

TURNING/STIRRING

Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them.

SMALL AMOUNTS...

thaw more quickly and evenly than larger ones. We



recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

FOODS REQUIRING CAREFUL HANDLING,

Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen.

STANDING TIME

This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly. At the end of the standing time you should process the food as soon as possible and not re-freeze it.



COOKING FRESH VEGETABLES



Details for this can be found in the table: Cooking fresh vegetables (see page GB-23).

- When buying vegetables try to ensure that, as far as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).
- Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up.
- Season them as you would normally, but as a rule only add salt after cooking.
- Add about 5 tbsps of water for 500 g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table (see page GB-23).

- Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water.
- After half the cooking time has elapsed vegetables should be stirred or turned over.
- After cooking allow the vegetables to stand for approx. 2 minutes, so that the temperature disperses evenly (standing time).
- The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times.



COOKING GRILLING AND BROWNING



Details for this can be found in the table: Cooking, grilling and browning (see page GB-24).

- When buying food items, try to ensure that, as far as possible, they are of similar size. This will ensure that they are cooked properly.
- Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal.
- Beef should be well hung and have little gristle.
- Even though the pieces may be of a similar size, cooking results may vary. This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking.

- Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides.
- After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost.

DEFROSTING AND COOKING



Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table (see page GB-21). Do take note, however, of the general advice given on "heating" and "thawing" food.

Please refer to the manufacturer's instructions on the packaging when preparing deep-frozen dishes. These usually contain precise cooking times and offer advice on preparation.



TABLES

TABLE : HEATING FOOD AND DRINK

Food/Drink	Quantity -g-	Setting	Power -Level-	Time -min-	Method
Coffee, 1 cup	150	☼☼☼	100 P	approx. 1	Do not cover
Milk, 1 cup	150	☼☼☼	100 P	approx. 1	Do not cover
Water, 1 cup	150	☼☼☼	100 P	1 1/2-2	Do not cover, bring to the boil
6 cups	900	☼☼☼	100 P	10-12	Do not cover, bring to the boil
1 dish	1000	☼☼☼	100 P	11 1/2-13	Cover, bring to the boil
One-plate meal (Vegetables, Meat and side dishes)	400	☼☼☼	100 P	3-6	Sprinkle sauce with water, cover, stir half way through cooking time
Stew	200	☼☼☼	100 P	1 1/2 -2 1/2	Cover, stir after heating
Soup, clear	200	☼☼☼	100 P	1 1/2-2	Cover, stir after heating
Cream soup	200	☼☼☼	100 P	1 1/2-2 1/2	Cover, stir after heating
Vegetables	200	☼☼☼	100 P	2-2 1/2	Add water if necessary, cover, stir half way through cooking time
500	☼☼☼	100 P	4-5		
Side dishes	200	☼☼☼	100 P	2-2 1/2	Sprinkle with a little water, cover, stir half way through cooking time
500	☼☼☼	100 P	4-4 1/2		
Meat, 1 slice ¹	200	☼☼☼	100 P	3-4	Sprinkle with a little sauce, cover
Fish fillet	200	☼☼☼	100 P	2-3	Cover
Sausages, 2 pieces	180	☼☼☼	100 P	approx. 2	Prick skin several times
Cake, 1 slice	150	☼☼☼	50 P	1/2-	Place on a plate
Baby food, 1 jar	190	☼☼☼	50 P	approx. 1	Remove lid, stir well after heating Check the temperature
Melting Margarine or Butter ¹	50	☼☼☼	100 P	approx. 1/2	Cover
Melting chocolate	100	☼☼☼	50 P	2-3	Stir during cooking
Dissolving 6 sheets of gelatine	10	☼☼☼	50 P	1/2	Soak in water, squeeze out well and put in soup bowl, stir during cooking
Cake glaze for 1/4 l	10	☼☼☼	50 P	5-6	Stir with sugar and 250ml liquid, cover and, liquid stir well during and after cooking

¹ from chilled

TABLE : COOKING AND DEFROSTING

Food (Frozen)	Quantity -g-	Setting	Power -Level-	Time -min-	Adding water -tbsp-	Method	Standing Time -min-
Fish fillet	300	☼☼☼	100 P	10-12	-	Cover	1-2
Trout, 1 piece	250	☼☼☼	100 P	5-7	-	Cover	1-2
One-plate meal	400	☼☼☼	100 P	9-11	-	Cover, stir after 6 minutes	2
Fresh spinach	300	☼☼☼	100 P	6-8	-	Cover, stir once or twice during cooking	2
Broccoli	300	☼☼☼	100 P	7-9	3-5 tbsp	Cover, stir halfway through time	2
Peas	300	☼☼☼	100 P	7-9	3-5 tbsp	Cover, stir halfway through time	2
Kohlrabi	300	☼☼☼	100 P	7-9	3-5 tbsp	Cover, stir halfway through time	2
Mixed veg.	500	☼☼☼	100 P	11-13	3-5 tbsp	Cover, stir halfway through time	2
Brussel sprouts	300	☼☼☼	100 P	7-9	3-5 tbsp	Cover, stir halfway through time	2
Red cabbage	450	☼☼☼	100 P	10-12	3-5 tbsp	Cover, stir halfway through time	2



TABLES



TABLE : DEFROSTING

Food	Quantity -g-	Setting	Power -Level-	Time -min-	Method	Standing time -min-
Meat for roasting (e.g. Pork, Beef, Lamb, Veal)	1500 1000 500	⚡ ⚡ ⚡	10 P 10 P 10 P	58-64 42-48 19-23	Place on an upturned plate, turn over halfway through defrosting	30-90 30-90 30-90
Steaks, Cutlets, Liver	200	⚡	30 P	4-5	Turn over halfway through defrosting	10-15
Goulash	500	⚡	30 P	8-12	Stir halfway through defrosting	15-30
Sausages, 8 4	600 300	⚡ ⚡	30 P 30 P	6-9 4-5	Place next to each other, turn over half way through defrosting	5-10 5-10
Duck/Turkey	1500	⚡	10 P	48-52	Place on an upturned plate, turn over halfway through defrosting	30-90
Chicken	1200 1000	⚡ ⚡	10 P 10 P	39-43 33-37	Place on an upturned plate, turn over halfway through defrosting Place on an upturned plate, turn over halfway through defrosting	30-90 30-90
Chicken legs	200	⚡	30 P	4-5	Turn over halfway through defrosting	10-15
Fish in pieces	800	⚡	30 P	9-12	Turn over halfway through defrosting	10-15
Fish fillet	400	⚡	30 P	7-10	Turn over halfway through defrosting	5-10
Crab	300	⚡	30 P	6-8	Turn over halfway through defrosting and remove defrosted parts	5
Bread rolls, 2	80	⚡	30 P	approx. 1	Only begin to defrost	-
Coarse wholemeal bread in slices	250	⚡	30 P	2-4	Place slices next to each other, only begin to defrost	5
Slices of Toast bread						
Mixed flour bread, whole loaf	500	⚡	30 P	6-8	Turn over halfway through defrosting (centre will still be frozen)	15
White bread, whole loaf						
Cake, 1 slice	150	⚡	10 P	2-5	Place on a plate	5
Cream cake, 1 slice		⚡	10 P	3-4	Place on a plate	10
Whole cake, Ø 25 cm		⚡	10 P	18-20	Place on a plate. When half defrosted, cut in to slices and leave until cake is fully defrosted	30-60
Cream	200	⚡	30 P	2+2	Remove lid. When half defrosted, put in a dish and allow to finish defrosting	5-10
Butter	250	⚡	30 P	2-4	Only begin to defrost	15
Fruit e.g. strawberries raspberries, cherries, plums	250	⚡	30 P	4-5	Place next to each other, spread out evenly Turn over halfway through defrosting	5

The times shown in the table are guidelines which may vary according to freezing temperature, quality and weight of the foodstuffs.

ABBREVIATIONS USED

tbsp = tablespoon
tsp = teaspoon
Cup = cupful
kg = kilogram
g = gram
l = litre

ml = millilitre
cm = centimetre
DFC = dry fat content
DF = deep frozen
min = minutes
sec = seconds

dm = diameter
app. = approximate
sach. = sachet

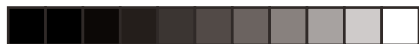
ENGLISH



TABLES

TABLE : COOKING FRESH VEGETABLES

Vegetable	Weight -g-	Setting -Level-	Power	Time -Min-	Hints tbsps/ml-	Added Water
Artichokes	300	🍲	100 P	6-8	remove the stalk, cover	3-4 tbsp
Leaf Spinach	300	🍲	100 P	5-7	wash, dry well, cover, stir once or twice during cooking	-
Cauliflower	800	🍲	100 P	15-17	1 whole head, cover, divide into florets	5-6 tbsp
	500	🍲	100 P	10-12	stir during cooking	4-5 tbsp
Broccoli	500	🍲	100 P	9-11	divide into florets, cover, stir occasionally during cooking	4-5 tbsp
Mushrooms	500	🍲	100 P	8-10	whole heads, cover, stir occasionally during cooking	-
Chinese leaves	300	🍲	100 P	9-11	cut into strips, cover, stir occasionally during cooking	4-5 tbsp
Peas	500	🍲	100 P	9-11	cover, stir occasionally during cooking	4-5 tbsp
Fennel	500	🍲	100 P	9-11	cut into quarters, cover, stir occasionally during cooking	4-5 tbsp
Onions	250	🍲	100 P	5-7	whole, cook in microwave foil	-
Carrots	500	🍲	100 P	10-12	cut into rings, cover, stir occasionally during cooking	4-5 tbsp
Green peppers	500	🍲	100 P	7-9	cut into strips, stir once or twice during cooking	4-5 tbsp
Jacket potatoes	500	🍲	100 P	9-11	cover, stir occasionally during cooking	4-5 tbsp
Leeks	500	🍲	100 P	9-11	cut into rings, cover, stir occasionally during cooking	4-5 tbsp
Red cabbage	500	🍲	100 P	15-17	cut into strips, stir once or twice during cooking	50 ml
Brussels sprouts	500	🍲	100 P	9-11	whole sprouts, cover, stir occasionally during cooking	50 ml
Boiled potatoes (salted)	500	🍲	100 P	9-11	cut into large pieces of a similar size, add a little salt, cover, stir occasionally during cooking	150 ml
Celery	500	🍲	100 P	9-11	dice finely, cover, stir occasionally during cooking	50 ml
White cabbage	500	🍲	100 P	15-17	cut into strips, cover, stir occasionally during cooking	50 ml
Courgettes	500	🍲	100 P	9-11	slice, cover, stir occasionally during cooking	4-5 tbsp



TABLES



TABLE : COOKING, GRILLING AND BROWNING

Food	Quantity -g-	Setting	Power -Level-	Time -min-	Method	Standing time -min-
Roasts (Pork, Veal, Lamb)	500		100 P	6-8	Season to taste, place in shallow dish, place on revolving plate, turn over after *	5-10
			30 P	4-5 *		
			70 P	6-8		
	1000		30 P	3-5		
			100 P	11-13		
			30 P	8-10 *		
			70 P	11-13		
	1500		30 P	7-9		
			100 P	19-22		
			30 P	11-13 *		
			70 P	14-16		
			30 P	7-9		
Roast beef (medium)	1000		70 P	9-11	Season to taste, place fatty side down in shallow dish, place on revolving plate, turn over after *	10
			30 P	9-10 *		
			70 P	5-7		
	1500		30 P	6-8		
			70 P	11-13		
			30 P	7-8 *		
			70 P	11-13		
Chicken	1200		100 P	10-12	Season to taste, place breast side down in shallow dish, place on revolving plate, turn over after *	3
			30 P	7-9 *		
			100 P	10-12		
			30 P	6-8		
Chicken legs	200		30 P	7-8 *	Season to taste, place skin downwards on grill, turn over after *	3
Steaks 2 medium pieces	400		10 P	11-13 *	Place on rack, turn over after *, season after grilling	2
To brown dishes etc.				10-14	Place dish on the rack	10
Croque monsieur, 1 slice			10 P	5-7	Toast bread, spread with butter, lay 1 slice of cooked ham, 1 slice of pineapple and 1 slice of processed cheese on top and grill	1

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RECIPES

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half. Follow the example of the recipes in this cookery book. Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty.

Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

HOW TO USE THE RECIPES

- All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated.
- Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe.
- As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise.
- When eggs are given in the recipes they are assumed to have weight of approx. 55 g (medium).



SOUPS AND STARTERS

Spain

CREAM OF AVOCADO SOUP

Sopa de aguacates

Total cooking time: approx. 10-12 minutes

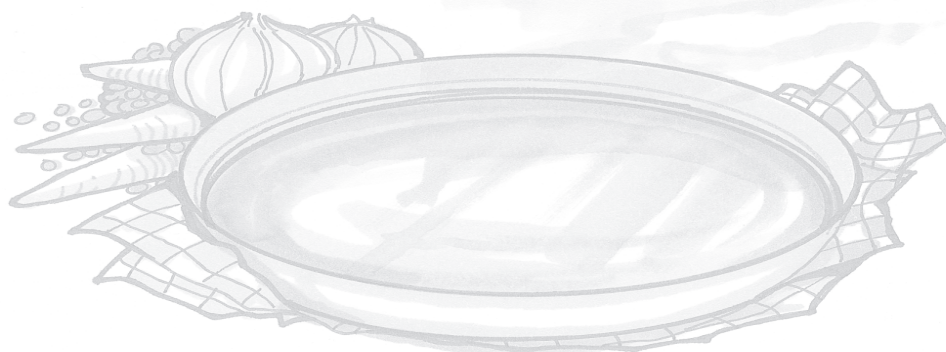
Utensils: Bowl with lid (2 litre capacity)

Ingredients

- | | |
|--------|---------------------------|
| 3 | avocados (600 g of flesh) |
| | a little lemon juice |
| 700 ml | meat stock |
| 70 ml | cream |
| | salt |
| | pepper |

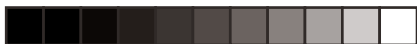
Procedure

1. Peel the soft, ripe avocados, remove stone, cut into small pieces and puree with a mixer or a mixing attachment on a hand mixer. Reserve two thin slivers per portion for decoration and sprinkle with lemon juice.
2. Put the meat stock, avocados and the cream in a dish, season with salt and pepper and cook with lid on. Stir once during cooking.
10-12 min. 100 P
3. Mix soup until creamy and decorate with the remaining avocado slivers. Allow to stand for 5 minutes after cooking.



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SOUPS AND STARTERS



Switzerland

BARLEY SOUP

Bündner Gerstensuppe

Total cooking time: approx. 35-40 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

- 2 tbsp butter or margarine (20 g)
- 1 onion (50 g), finely chopped
- 1-2 carrots (130 g), sliced
- 15 g celery, diced
- 1 leek (130 g), in rings
- 3 white cabbage leaves (100 g) in strips
- 200 g veal bones
- 50 g streaky bacon, in strips
- 50 g barley grains
- 700 ml meat stock
- pepper
- 4 Wiener sausages (300 g)

Procedure

1. Put the butter and diced onion in the dish and steam with the lid on the dish.
approx. **1-2 min.** 100 P
2. Add the vegetables to the dish. Then add the bones, the strips of bacon and the barley and fill with the meat stock. Season with pepper and cook with the lid on.
 1. **17-19 min.** 100 P
 2. **17-19 min.** 50 P
3. Chop the sausages into small pieces and heat them for 5 minutes in the dish.
4. After cooking, let the soup stand for 5 minutes. Take the bones out of the soup before serving.

Netherlands

MUSHROOM SOUP

Champignonsoep

Total cooking time: approx. 13-17 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

- 200 g mushrooms, sliced
- 1 onion (50 g), finely chopped
- 300 ml meat stock
- 300 ml cream
- 2 1/2 tbsp plain flour (25 g)
- 2 1/2 tbsp butter or margarine (25 g)
- salt and pepper
- 1 egg yolk
- 150 g crème fraîche

Procedure

1. Put the vegetables with the meat stock in the dish and cook with the lid on.
8-9 min. 100 P
2. Puree all the ingredients in a food processor. Add the cream.
3. Rub the flour and butter into a dough and stir into the mushroom soup until smooth. Season with salt and pepper, cover and cook. Stir again after cooking.
4-5 min. 100 P
4. Mix the egg yolk with the crème fraîche, stir into the soup little by little. Heat the whole mixture again for a short time, but do not allow it to boil!
approx. **1 min.** 100 P
Allow the soup to stand for approximately 5 minutes once cooked.

Soup insert

SOUP THICKENER with EGG

for half a litre of soup

Total cooking time: approx. 3-5 minutes

Utensils: Coffee cup (150 ml capacity)

Ingredients

- 1 egg
- 4 tbsp Milk or cream (50 ml)
- 1 pinch salt
- 1 pinch nutmeg

Procedure

1. Whisk all the ingredients, pour them into the cup and heat until they curdle.
3-5 min. 30 P
2. Turn out the egg thickening out and allow to cool. Cut into small cubes and add to the soup

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SOUPS AND STARTERS

Germany

CAMEMBERT TOAST

Camemberttoast

Total cooking time: approx. 1 1/2 -2 1/2 minutes

Utensils: Flat dish

Ingredients

- 4 slices of bread for toasting (80 g)
- 2 tbsp butter or margarine (20 g)
- 150 g Camembert
- 4 tsp Cranberry jelly (40 g)
- Cayenne pepper

Procedure

1. Toast the bread and spread with butter.
2. Cut the Camembert into slices and arrange on top of the toast. Put the Cranberry jelly in the middle of the cheese and sprinkle with Cayenne pepper.
3. Place the toast on a plate and heat.
approx **1 1/2 -2 1/2 min.** 100 P

Tip: You can vary this recipe according to your taste. For example, you can use fresh mushrooms and grated cheese or cooked ham, asparagus and Emmental cheese.



MEAT, FISH AND POULTRY

France

FRESH TUNA WITH VEGETABLES

Thon frais braisé aux tomates et aux poivrons

Total cooking time: approx. 21-23 minutes

Utensils: Shallow oval gratin dish with lid
(approx. 26 cm diameter)

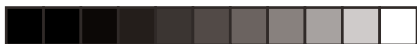
Ingredients

- 500 g fresh tuna, in slices
- 2 tbsp lemon juice
- salt
- 1 tsp vegetable oil to grease the dish
- 1/2 green pepper (125 g), cut into strips
- 2 onions (125 g), finely chopped
- 1 carrot (50 g), sliced
- 1-2 tomatoes (125 g), diced
- 40 ml white wine
- 1 clove of garlic
- Bouquet garni
- Salt and pepper

Procedure

1. Wash the tuna, pat dry and sprinkle with lemon juice. Allow the fish to stand for approximately 15 minutes, then pat dry again and add salt.
2. Spread oil on the bottom of the dish and lay the tuna in it. Arrange the vegetables on top of the fish. Add the white wine, the clove of garlic and the bouquet garni and season. Cover the dish and cook.
21-23 min. 70 P
Allow the fish to stand for approximately 2 minutes after cooking. Remove the bouquet garni and the clove of garlic before serving.

Tip: A bouquet garni is made of: a sprig of parsley, a bunch of herbs and vegetables for making soup, lovage, thyme and a few bay leaves



MEAT, FISH AND POULTRY



Spain

MUSHROOM WITH ROSEMARY

Champinones rellenos al romero

Total cooking time: approx. 15-21 minutes

Utensils: Bowl with lid (1 litre capacity)

Shallow round dish

(approx. 22 cm diameter)

Ingredients

- 8 large mushrooms (approx. 225 g), whole
- 2 tbsp butter or margarine (20 g)
- 1 onion (50 g), finely chopped
- 50 g bacon, finely diced
- black pepper, ground
- fresh rosemary, bruised
- 125 ml dry white wine
- 125 ml cream
- 2 tbsp flour (20 g)

Procedure

1. Remove the stalks from the mushrooms and chop the stalks into small pieces.
2. Spread the butter on the bottom of the dish. Add the onions, the diced bacon and the mushroom stalks. Season with pepper and rosemary, cover and cook.
4-6 min. 100 P
Leave to cool.
3. Heat 100 ml of the wine and cream in the other dish with its lid on.
2-3 min. 100 P
4. Mix the remaining wine with the flour, stir into the hot liquid and cook with the lid on. Stir once during cooking.
1-2 min. 100 P
5. Fill the mushrooms with the bacon mixture, place in the sauce and cook on the rack.
12 min. 50 P
Allow the mushrooms to stand for approximately 2 minutes once cooked.

Germany

COURGETTE AND MACARONI BAKE

Zucchini-Nudel-Auflauf

Total cooking time: approx. 41-49 minutes

Utensils: Bowl with lid (2 litre capacity)

Gratin dish (approx. 26cm diameter)

Ingredients

- 500 ml water
- 1/2 tsp oil
- 80 g macaroni
- 400 g tinned tomatoes, chopped
- 3 onions (150 g), finely chopped
- Basil, thyme, salt, pepper
- 1 tbsp oil to grease the dish
- 450 g courgettes, sliced
- 150 g sour cream
- 2 eggs
- 100 g grated cheddar cheese

Procedure

1. Put the water, oil and salt in the dish and bring to the boil with the lid on.
3-4 min. 100 P
2. Break the macaroni into pieces, add to the dish, stir and allow to swell.
8-10 min. 30 P
Drain the macaroni and allow to cool.
3. Mix the tomatoes with the onions and season well. Grease the gratin dish. Put the macaroni in it and pour the tomato sauce over it. Arrange the courgette slices on the top.
4. Beat the sour cream with the eggs and pour over the mixture in the dish. Sprinkle the grated cheese over the top.
17-20 min. 100 P
8-10 min. 50 P
Allow the dish to stand for 5-10 minutes after cooking.

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MEAT, FISH AND POULTRY

Austria

STUFFED ROAST CHICKEN

Gefülltes Brathähnchen

Stuffed roast chicken for two servings

Total cooking time: approx. 32-39 minutes

Utensils: Quiche dish

Thread

Ingredients

- 1 chicken (1000 g)
- Salt, bruised (fresh) rosemary, bruised marjoram
- 1 stale bread roll (40 g)
- salt
- 1 bunch parsley, finely chopped (10 g)
- 1 pinch nutmeg
- 2 tbsp butter or margarine (20 g)
- 1 egg yolk
- 3 tbsp butter or margarine (30 g)
- 1 tsp paprika, mild
- salt
- 1 tsp butter or margarine to grease the dish

Procedure

1. Wash the chicken, pat it dry and season the cavity with salt, rosemary and marjoram.
 2. To make the filling, soak the bread roll for approximately 10 minutes in cold water, and then squeeze out excess water. Mix butter and egg yolk with salt, parsley, nutmeg, and stuff the chicken with the mixture. Sew the opening with cotton or butcher's thread.
 3. Heat the butter.
approx. **1 min.** 100 P
Mix the paprika and salt with the butter and smear it on the chicken.
 4. Place the chicken breast side down in the greased quiche dish and cook (do not cover).
 1. **11-13 min.** 100 P
 2. **6-8 min.** 30 PTurn the chicken over
 3. **11-13 min.** 100 P
 4. **5-7 min.** 30 P
- Allow the stuffed chicken to stand for approximately 3 minutes after cooking.

Switzerland

FISH FILLET WITH CHEESE SAUCE

Fischfilet mit Käsesauce

Total cooking time: approx. 22-26 minutes

Utensils: Bowl with lid (1 litre capacity)

Shallow round gratin dish
(approx. 25 cm diameter)

Ingredients

- 3 fish fillets (approx. 600 g)
- 2 tbsp lemon juice
- salt
- 1 tbsp butter or margarine
- 1 onion (50 g), finely chopped
- 2 tbsp flour (20 g)
- 100 ml white wine
- 1 tsp vegetable oil to grease the dish
- 100 g grated Emmental cheese
- 2 tsp chopped parsley

Procedure

1. Wash the fish, pat dry and sprinkle with lemon juice. Leave to stand for 15 minutes, pat dry again and rub with salt.
2. Smear the butter on the bottom of the dish. Add the diced onion, cover with the lid and steam.
approx. **2 min.** 100 P
3. Sprinkle the flour over the onions and stir. Add the white wine and mix.
4. Grease the gratin dish and place the fish in it. Pour the sauce over the fish and sprinkle with cheese. Place on the grill and cook.
 - 13-15 min.** 70 P
 - 7-9 min.** 30 PAllow fish to stand for approximately 2 minutes after cooking. Serve with a garnish of chopped parsley



MEAT, FISH AND POULTRY



Germany

COLOURED MEAT KEBABS

Bunte Fleischspieße

Total cooking time: approx. 14-17 minutes

Utensils: Rack

3 wooden skewers
(approx. 20-25 cm long)





Ingredients

250-300 g pork cutlets
60 g bacon
1-2 onions (75 g), cut in quarters
3 tomatoes (150 g), cut in quarters
1/2 green pepper (75 g), cut into 8
3 tbsp oil
2 tsp paprika
salt
1 tsp cayenne pepper
1 tsp Worcester sauce

Procedure

1. Cut the pork and the bacon into cubes approximately 2-3cm in size.
2. Skewer the meat the vegetables alternately on the wooden skewer.
3. Mix the oil with the spices and place the skewers on the grill and cook on the rack.

EXPRESS COOK  or

1. **7-9 min.**   50 P
4. Turn the skewers over.
2. **7-9 min.**   50 P

Spain

STUFFED HAM

Jamón relleno

Total cooking time: approx. 15-21 minutes

Utensils: Bowl with lid (2 litre capacity)


Shallow oval gratin dish with lid
or microwave foil
(approx. 26 cm long)

Ingredients

125 g fresh spinach, with stalks removed
125 g quark (6% fat)
40 g grated Emmental cheese
Pepper
Paprika, mild
6 slices cooked ham (300 g)
125 ml water
125 ml cream
2 tbsp flour (20 g)
2 tbsp butter or margarine (20 g)
1 tsp butter or margarine to grease the dish

Procedure

1. Cut the spinach finely, mix with the quark and the cheese and season to taste.
2. Place a tablespoon of the filling on each slice of the cooked ham and roll up. Secure the ham with a wooden toothpick.
3. Make a béchamel sauce. To do this, pour the liquid into the dish, cover and heat.



3-4 min.  100 P

Rub the butter into the flour, add to the liquid and beat with a balloon whisk, until it is smooth. Cover, bring to the boil until thickened.

approx. **1 min.**  100 P
Stir and taste.

4. Pour the sauce into the greased dish, place the ham rolls in the dish and cook with the lid on. To brown the top, remove the lid and place the dish on the rack.

1. **6-9 min.**  100 P

2. **6-8 min.**   30 P

Allow the ham rolls to stand for approximately 5 minutes after cooking.

Tip: You can also use ready-made béchamel sauce for this recipe.

ENGLISH



MEAT, FISH AND POULTRY

Greece

POT ROAST WITH GREEN BEANS

Kréas mé fasólia

Total cooking time: approx. 20-24 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

- 1-2 tomatoes (100 g)
- 400 g lamb without bones
- 1 tsp butter or margarine to grease the dish
- 1 onion (50 g), finely chopped
- 1 clove of garlic, crushed
- salt and pepper
- sugar
- 250 g tinned green beans

Procedure

1. Peel the tomatoes, cut out the stalks and purée in a food processor.
2. Cut the lamb into large cubes. Grease the dish with butter. Add the meat, the diced onion and crushed garlic clove, season, cover dish and cook.
9-11 min. 🔥 100 P
3. Add the beans and the puréed tomatoes to the meat and continue to cook with the lid on.
11-13 min. 🔥 70 P
Allow the meat to stand for approximately 5 minutes after cooking.

Tip: If you use fresh beans, these must be cooked in advance.

Switzerland

ZÜRICH VEAL STEW

Züricher Geschnetzeltes

Total cooking time: approx. 11-15 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

- 600 g veal fillet
- 1 tbsp butter or margarine
- 1 onion (50 g), finely chopped
- 100 ml white wine
- Gravy thickener to make approx. 1/2 litre
- 300 ml cream
- salt and pepper
- 1 tbsp parsley, chopped

Procedure

1. Slice the meat into finger-thick strips.
2. Smear the butter evenly around the dish. Add the onion and the meat to the dish, cover and cook. Stir once during cooking.
7-10 min. 🔥 100 P
3. Add the white wine, the gravy powder and the cream, stir, cover and continue to cook. Stir once during cooking.
4-5 min. 🔥 100 P
4. Taste the stew, stir again and allow to stand for 5 minutes. Serve with parsley garnish.

France

FILET OF SOLE

Filets de sole or 2 Portions

Total cooking time: approx. 13-16 minutes

Utensils: Shallow oval gratin dish with lid (approx. 26 cm)

Ingredients

- 400 g filet of sole
- 1 lemon, untreated
- 2 tomatoes (150 g)
- 1 tsp butter or margarine to grease the dish
- 1 tbsp vegetable oil
- 1 tbsp parsley, chopped
- salt and pepper
- 4 tbsp white wine (30 ml)
- 2 tbsp butter or margarine (20 g)

Procedure

1. Wash the fish and pat dry. Remove any bones.
2. Slice the lemon and the tomatoes finely.
3. Grease the gratin dish with butter. Place the fish in it and drizzle with vegetable oil.
4. Sprinkle the fish with parsley, lay the slices of tomato on top and season. Lay the slices of lemon on top of the tomato and pour the white wine over this.
5. Dot the lemon with butter, cover and cook.
13-16 min. 🔥 70 P
Die Fischfilets nach dem Garen 2 min. stehen lassen.

Tip: You can also use rosefish, halibut, mullet, plaice or cod in this recipe.



MEAT, FISH AND POULTRY



China

PRAWNS WITH CHILLI

Total cooking time: approx. 5 - 7 minutes

Utensils: Bowl with lid (1 litre capacity)

Bowl with lid (2 litre capacity)

Ingredients

- 6 prawns (shelled 240 g)
- 50 ml white wine
- 2 small bunches of chives (200 g)
- 1-2 chillies, hot
- 20 g ginger (fresh)
- 1 tbsp cornflour
- 2 tbsp vegetable oil (20 g)
- 1 1/2 tbsp soy sauce (20 ml)
- 1 tbsp sugar
- 1 tbsp vinegar

Procedure

1. Wash the prawns. Remove the shell and tail. Cut into the spine and remove gut. Cut each prawn into 2 or 3 pieces and snip each piece so they do not curl when cooked. Put the prawns into a bowl and sprinkle with the wine. Cover and marinate.
2. Wash chives and chillies and pat dry. Cut chives into 5cm lengths. Cut chillies in half lengthwise and remove seeds. Peel and slice ginger.
3. Take the prawns out of the wine and coat them in cornflour.
4. Put oil, chives, chillies and ginger slices into bowl and cover. Heat.
approx. **2 min.** 🔥 100 P
5. Add prawns to the bowl. Season with soy sauce, sugar and vinegar. Stir and cook covered.
3-5 min. 🔥 100 P
Allow the prawns to stand for 1 - 2 minutes after cooking. Serve hot.

Germany

ROAST PORK WITH CRACKLING

Schweinebraten mit Kruste

Total cooking time: approx. 55-63 minutes

Utensils: Bowl with lid (2 litre capacity)

Bowl with lid (1 litre capacity)

Ingredients

- 1000 g boned shoulder of pork, with fat rind
- 1 - 2 garlic cloves
- salt
- black pepper, freshly ground
- 1 tsp caraway seeds
- 2 carrots, sliced (125 g)
- 60 g celeriac, finely diced
- 60 g leeks, sliced in rings
- salt and pepper
- 75 ml water
- 75 ml beer
- Gravy thickener, dark, for 1/4-1/2 litre gravy

Procedure

1. Wash the meat and pat dry. Cut a criss-cross pattern onto the fat rind.
2. Crush garlic clove, mix with salt, pepper and caraway seeds, and use to season meat.
3. Place the meat rind-down in bowl. Season vegetables and add them to bowl. Mix water and beer and pour into bowl. Cook covered, turning halfway through cooking.
1. **6-7 min.** 🔥 100 P
2. **46-52 min.** 🔥 70 P
4. Remove meat, wrap in kitchen foil and leave to stand for 10 minutes. Strain the meat juices through a sieve into the small dish. Add water to make 250 ml of liquid. Add the correct amount of gravy thickener to the juices, stir and heat covered, stirring occasionally.
1-3 min. 🔥 100 P
Season the sauce as required, pour over meat and serve.

Tip: Vegetables and dumplings or boiled potatoes go well with this recipe

ENGLISH



VEGETABLES AND NOODLES

Italy

LASAGNE

Lasagne al forno

Total cooking time: approx. 22-26 minutes

Utensils: Bowl with lid (2 litre capacity)
Shallow rectangular gratin dish with lid
(approx. 20x20x6 cm)

Ingredients

300 g tomatoes, tinned
50 g ham, finely diced
1 onion (50 g), finely chopped
1 garlic clove, crushed
250 g minced beef
2 tbsp tomato puree (30 g)
salt and pepper
oregano, thyme, basil
150 ml creme fraiche
100 ml milk
50 g grated Parmesan cheese
1 tsp chopped mixed herbs
1 tsp olive oil
salt, pepper and nutmeg
1 tsp vegetable oil for greasing dish
125 g green lasagne sheets
1 tsp grated Parmesan cheese
1 tsp butter or margarine

Procedure

1. Slice the tomatoes and mix with the diced onion and ham, garlic, minced beef and tomato puree. Season and steam with lid on.

7-9 min. ⌘ 100 P

2. Mix together the cream, milk, Parmesan cheese, herbs and oil. Season.

3. Grease the dish and cover the base with $\frac{1}{3}$ of the pasta sheets. Spread half of the meat mixture on top of the pasta and cover with some of the cheese sauce. Lay another $\frac{1}{3}$ of the pasta on top of this, followed by the meat mixture and some sauce. Finish with the last $\frac{1}{3}$ of the pasta covered with a lot of sauce and top with grated Parmesan. Add butter slivers and cook with lid on.

15-17 min. ⌘ 70 P

Leave the lasagne 5 to 10 minutes to stand after cooking.

France

VEGETABLE CASSEROLE

Ratatouille spécial

Total cooking time: approx. 19-21 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

5 tbsp olive oil (50 ml)
1 garlic clove, crushed
1 onion (50 g), sliced
1 small aubergine (250 g), roughly chopped
1 courgette (200 g), roughly chopped
1 pepper (200 g), roughly chopped
1 small fennel bulb (75 g), roughly chopped
pepper
1 bouquet garni
200 g tin artichoke hearts, quartered
salt and pepper

Procedure

1. Put olive oil and garlic in dish. Add all the prepared vegetables except the artichoke hearts and season with pepper. Add the bouquet garni and cook covered. Stir once during cooking.

19-21 min. ⌘ 100 P

Add the artichoke hearts to the bowl for the last 5 minutes.

2. Season the ratatouille to taste and take the bouquet garni out before serving. Once cooked, leave the ratatouille to stand for about 2 minutes.

Tip: Serve this hot vegetable casserole with meat dishes. Served cold it makes a delicious starter.

Bouquet garni consists of: a sprig each of parsley, lovage and thyme, plus some bay leaves.



VEGETABLES AND NOODLES



Spain

STUFFED POTATOES

Patatas Rellenas

Total cooking time: approx. 12 - 16 minutes

Utensils: Bowl with lid (2 litre capacity)

China plates

Ingredients

- 4 medium-sized potatoes (400 g)
- 100 ml water
- 60g ham, finely diced
- 1/2 onion (25 g), finely chopped
- 75-100 ml milk
- 2 tbsp grated Parmesan cheese (20 g)
- salt
- pepper
- 2 tbsp grated Emmental cheese

Procedure

1. Put the potatoes in the bowl, add the water, cover and cook. Turn once during cooking.

8-10 min. ⚡ 100 P

Allow to cool.

2. Halve the potatoes lengthways and carefully scoop out the flesh. Mix the potato with the ham, onion, milk and Parmesan until it is smooth. Season with salt and pepper.
3. Fill the potato skins with the mixture, top with the grated Emmental, place on the plates and cook.

4-6 min. ⚡ 100 P

Leave the potatoes to stand for about 2 minutes after cooking.

DRINKS AND DESSERTS



Denmark

BERRY JELLY WITH VANILLA SAUCE

Rødgrød med vanilie sovs

Total cooking time: approx. 10-13 minutes

Utensils: 2 dishes with lids (2 litre capacity)

Ingredients

- 150 g redcurrants, washed, stems and stalks removed
- 150 g strawberries, washed, stalks removed
- 150 g raspberries, washed and checked
- 250 ml white wine
- 100 g sugar
- 50 ml lemon juice
- 8 gelatine sheets
- 300 ml milk
- Flavouring from 1/2 vanilla pod
- 30 g sugar
- 15 g cornflour

Procedure

1. Reserve some of the fruit for decoration. Puree the rest of the berries with the wine. Put into the bowl and cook cover.

6-8 min. ⚡ 100 P

Add sugar and lemon juice.

2. Leave gelatine in cold water for 10 minutes to soften. Remove and squeeze out water. Stir gelatine into the hot fruit until it dissolves. Put the jelly into the fridge to set.
3. To make the vanilla sauce, put the milk in a bowl. Slice the vanilla pod open and scrape out the vanilla flavouring. Stir the flavouring, sugar and cornflour into the milk and cover before cooking. Stir occasionally during cooking and to finish.

3-4 min. ⚡ 100 P

4. Tip the set jelly onto a plate and garnish with the whole berries. Serve with the vanilla sauce.

Tip: You can also use frozen fruit once it is defrosted.

ENGLISH



DRINKS AND DESSERTS

France

PEARS IN CHOCOLATE SAUCE

Poires au chocolat

Total cooking time: approx. 12-16 minutes

Utensils: Bowl with lid (2 litre capacity)

Bowl with lid (1 litre capacity)

Ingredients

- 4 pears (600 g)
- 60 g sugar
- 1 packet of vanilla sugar (10 g)
- 1 tbsp pear liqueur, 30% proof
- 150 ml water
- 130 g plain chocolate, broken into pieces
- 100 g crème fraîche

Procedure

1. Peel the pears, keeping them whole.
2. Put sugar, vanilla sugar, liqueur and water into the bowl. Stir and heat.
1-2 min. ⚡ 100 P
3. Place the pears in the juice, cover and cook.
9-11 min. ⚡ 100 P
Take the pears out of the juice and allow to cool.
4. Put 50 ml of the juice in the small bowl, add the cream and chocolate. Cover and heat.
2-3 min. ⚡ 100 P
5. Stir the sauce well and pour over the pears to serve.

Tip: You could also serve this with vanilla ice cream.

Niederlande

FIERY DRINK

Vuurdrank for 10 Portions

Total cooking time: approx. 9-11 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

- 500 ml white wine
- 500 ml red wine, dry
- 500 ml rum, 54% proof
- 1 whole orange, untreated
- 3 cinnamon sticks
- 75 g sugar
- 10 tsp rock candy

Procedure

1. Pour the alcohol into the bowl. Peel the orange so that the peel is thin and put this in the alcohol together with the cinnamon and sugar. Cover and heat.
9-11 min. ⚡ 100 P
Remove the peel and cinnamon. Put one teaspoon of the rock candy into each grog glass, top up with the fiery drink and serve.

Österreich

CHOCOLATE WITH CREAM

Schokolade mit Schlagobers for 1 Portion

Total cooking time: approx. 1-2 minutes

Utensils: large cup (200 ml capacity)

Ingredients

- 150 ml milk
- 30 g plain chocolate, grated
- 30 ml cream
- chocolate vermicelli

Procedure

1. Pour the milk into the cup. Add the chocolate, stir and heat. Stir occasionally.
approx. **1-2 min.** ⚡ 100 P
2. Whip the cream until stiff and spoon this on top of the chocolate. Serve garnished with chocolate vermicelli.

Deutschland

HOT LEMON

Heisse Zitrone for 1 Portion

Total cooking time: approx. 1-2 minutes

Utensils: Tea glass (150 ml capacity)

Ingredients

- 100 ml Water
- juice of 1 lemon
- 2-3 tsp sugar

Procedure

1. Pour water and lemon juice into the glass and heat.
approx. **1-2 min.** ⚡ 100 P
Stir in sugar to taste.



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DER SHARP KUNDEN-SERVICE



Sie erreichen die Service-Hotline:
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in Österreich: **0820 - 500 820** (€ 0,145/Min.)
in Deutschland: **0180 - 5 23 46 74**
(0,14 €/Min. aus dem deutschen Festnetz,
max. 0,42 €/Min. aus dem deutschen Mobilfunknetz)

1. Garantie mit Quick 48 Stunden Vor-Ort-Service

Gilt für Deutschland und Österreich

Haushalts-Mikrowellengeräte im Quick 48 Stunden Vor-Ort-Service

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Im Quick 48 Stunden Vor-Ort-Service werden alle Reklamationen, die montags bis freitags zwischen 8:00 und 18:00 Uhr beim Quick 48 Deutschland, **Tel.: 0180 / 5 23 46 74** *(0,14 €/Min. aus dem deutschen Festnetz, max. 0,42 €/Min. aus dem deutschen Mobilfunknetz) und in Österreich **Tel.: 0820 / 500 820** *(€ 0,145/Min) eingehen, ab dem darauffolgenden Werktag gerechnet, im Regelfall innerhalb 48 Stunden bei Ihnen im Vor-Ort-Service repariert.

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Achtung:

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Als Nachweis für Sachmängel-/ Garantiarbeiten dient Ihr Kaufbeleg / Rechnung.

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Garantiegeber: SHARP Electronics (Europe) GmbH, Sonninstraße 3, 20097 Hamburg
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2. Garantie ohne Quick 48 Stunden Vor-Ort-Service

Gilt für Deutschland und Österreich

Haushalts - Mikrowellengeräte

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Garantieleistung:

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NOTE





SPECIFICATIONS



AC Line Voltage	: 230 V, 50 Hz, single phase
Distribution line fuse/circuit breaker	: Minimum 10 A
AC Power required:	Microwave : 1.25 kW
	Grill : 1.05 kW
	Micro/Grill : 1.25 kW
	Off Mode (Energy Save Mode) : less than 0.5 W
Output power:	Microwave : 800 W (IEC 60705)
	Grill : 1000 W
Microwave Frequency:	: 2450 MHz (Group 2/Class B)*
Outside Dimensions:	: 460 mm (W) x 275 mm (H) x 389 mm (D) **
Cavity Dimensions	: 314 mm (W) x 187 mm (H) x 336 mm (D) ***
Oven Capacity	: 20 litres ***
Turntable	: ø 272 mm, glass
Weight	: approx. 12.2 kg
Oven lamp	: 25 W/240 - 250 V

* This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.

** The depth includes the door opening handle.

*** Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.



As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

ENGLISH



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